



Garlic-and-Herb-Stuffed Chicken Breasts

READY IN



25 min.

SERVINGS



4

CALORIES



518 kcal

SIDE DISH

Ingredients

- ☐ 8 ounce buttery-garlic-and-herb spreadable cheese light
- ☐ 24 ounce skinned and boned chicken breasts
- ☐ 0.5 cup cracker crumbs whole wheat
- ☐ 2 large egg whites
- ☐ 0.5 cup italian-seasoned breadcrumbs
- ☐ 0.3 cup nonfat buttermilk
- ☐ 2 teaspoons olive oil
- ☐ 0.3 teaspoon pepper
- ☐ 0.3 teaspoon salt

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ plastic wrap
- ☐ kitchen thermometer
- ☐ rolling pin
- ☐ meat tenderizer

Directions

- ☐ Place chicken between 2 sheets of heavy-duty plastic wrap, and flatten to a 1/4-inch thickness using a meat mallet or rolling pin.
- ☐ Spread cheese evenly over 1 side of each chicken breast. Fold short ends of each chicken breast over center, covering cheese, and secure with wooden picks.
- ☐ Whisk together egg whites and buttermilk in a small bowl.
- ☐ Combine breadcrumbs and next 3 ingredients in a shallow dish. Dip chicken in egg white mixture, and dredge in breadcrumb mixture.
- ☐ Cook chicken breasts in hot oil in a large nonstick skillet 4 to 5 minutes on each side or until chicken breasts are browned.
- ☐ Place chicken on a wire rack, and place the wire rack in a jelly-roll pan.
- ☐ Bake at 400 for 20 minutes or until a meat thermometer inserted into the thickest portion of chicken breast registers 17
- ☐ Note: For testing purposes only, we used Alouette Light Garlic & Herbs
- ☐ Spreadable Cheese, and Neva Betta Whole Wheat Crackers.

Nutrition Facts



 PROTEIN **33.75%**  FAT **50.02%**  CARBS **16.23%**

Properties

Glycemic Index:8, Glycemic Load:0.02, Inflammation Score:-3, Nutrition Score:20.384347532106%

Nutrients (% of daily need)

Calories: 517.66kcal (25.88%), Fat: 28.72g (44.19%), Saturated Fat: 12.96g (80.97%), Carbohydrates: 20.97g (6.99%), Net Carbohydrates: 20.03g (7.28%), Sugar: 2.33g (2.59%), Cholesterol: 170.94mg (56.98%), Sodium: 958.41mg (41.67%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 43.61g (87.21%), Vitamin B3: 19.05mg (95.25%), Selenium: 61.79µg (88.27%), Vitamin B6: 1.31mg (65.27%), Phosphorus: 406.9mg (40.69%), Vitamin B5: 2.58mg (25.78%), Potassium: 701.54mg (20.04%), Vitamin B1: 0.29mg (19.13%), Vitamin B2: 0.32mg (19.11%), Magnesium: 54.58mg (13.65%), Vitamin K: 12.4µg (11.81%), Manganese: 0.23mg (11.59%), Iron: 1.74mg (9.67%), Zinc: 1.25mg (8.36%), Folate: 30.74µg (7.68%), Vitamin B12: 0.41µg (6.79%), Vitamin E: 0.91mg (6.09%), Calcium: 51.1mg (5.11%), Copper: 0.1mg (4.87%), Fiber: 0.94g (3.76%), Vitamin C: 2.62mg (3.18%), Vitamin A: 80.66IU (1.61%), Vitamin D: 0.17µg (1.13%)